

Autumn Chicken⁷⁵

Number of Servings: 75 (97.27 g per serving)

Amount	Measure	Ingredient
75.00	ea	Chicken, broiler/fryer, thigh, w/o skin, rstd
9.00	cup	Cranberry Sauce, whole, cnd
2.00	cup	Juice, lemon, cnd/btl
3/4	cup	Sugar, brown, packed
1.00	Tbs	Spice, ginger, ground
3/4	cup	Sauce, soy, low sod

Nutrients per serving

Nutrition Facts	
Serving Size (97g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 115mg	5%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 14g	
Vitamin A 0% • Vitamin C 2%	
Calcium 0% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Brown chicken on both sides in nonstick skillet or on grill. Place in baking pan sprayed with nonstick spray. Combine remaining ingredients; pour over chicken. Cover and bake at 350 for 30-45 minutes or until internal temperature of 170 degrees. Spoon sauce over thigh to serve.

1 serving = 1 thigh + 2-2 1/2 T sauce = 1 CS